

# THE LIGHT YOU CAST™ | Communities of Practice

## GUIDE Training REVITALIZATION Practices



GUIDE



# REVITALIZATION



“Boundaries are the distance at which I can love you and me simultaneously.”

Boundaries protect your SPACE (time, energy, attention) so that you can NURTURE your inner peace, harmony, and Essential Nature (how you feel when you feel fully yourself).

Boundaries help us to KNOW and MAINTAIN who we are while in relation to others.

Boundaries are a critical part of the REVITALIZATION element of The Light You Cast™ because they give us the foundation for healthy relating.

- How we relate to the external forces in our lives - experiences, stressors, people, and our environments impacts our inner mental health and our sense of self.
- How we relate to our nervous system, thoughts, emotions, and past experiences also influences our mental health and sense of self.

Knowing how to enact, engage, and embody healthy boundaries that protect SPACE and nurture your inner harmony is critical to mental health maintenance and stress management training.

- Boundaries help you to get a clear sense of where you end and another begins.
- Boundaries allow you to remain connected with yourself and your energy while you relate to others.
- Boundaries allow you to be a care-giver vs. a care-taker. Care-giving is when you are able to relate to others with your inner reserves and sense of self intact. Care-taking is when those in your care are taking what you need to be giving yourself to be mentally healthy, centered, and well.
- Boundaries provide clear expectations for how you define healthy relating to the world and others.



*“Our boundaries define our personal space - and we need to be sovereign there in order to be able to step into our full potential and power.”*



# REVITALIZATION



## Signs of boundaries that are too permeable

- Unaware of needs
- Unaware of wants
- Unaware of core values
- Difficulty saying no
- Strong need to people-please out of fear of letting others down, being judged, or criticized
- Compromise yourself, time, energy, and attention to gain approval
- Feeling over-responsible for another's problems or emotional pain
- Easily overwhelmed by people
- Lack of awareness when your boundaries have been crossed
- Mood changes in reaction to the needs of those around you



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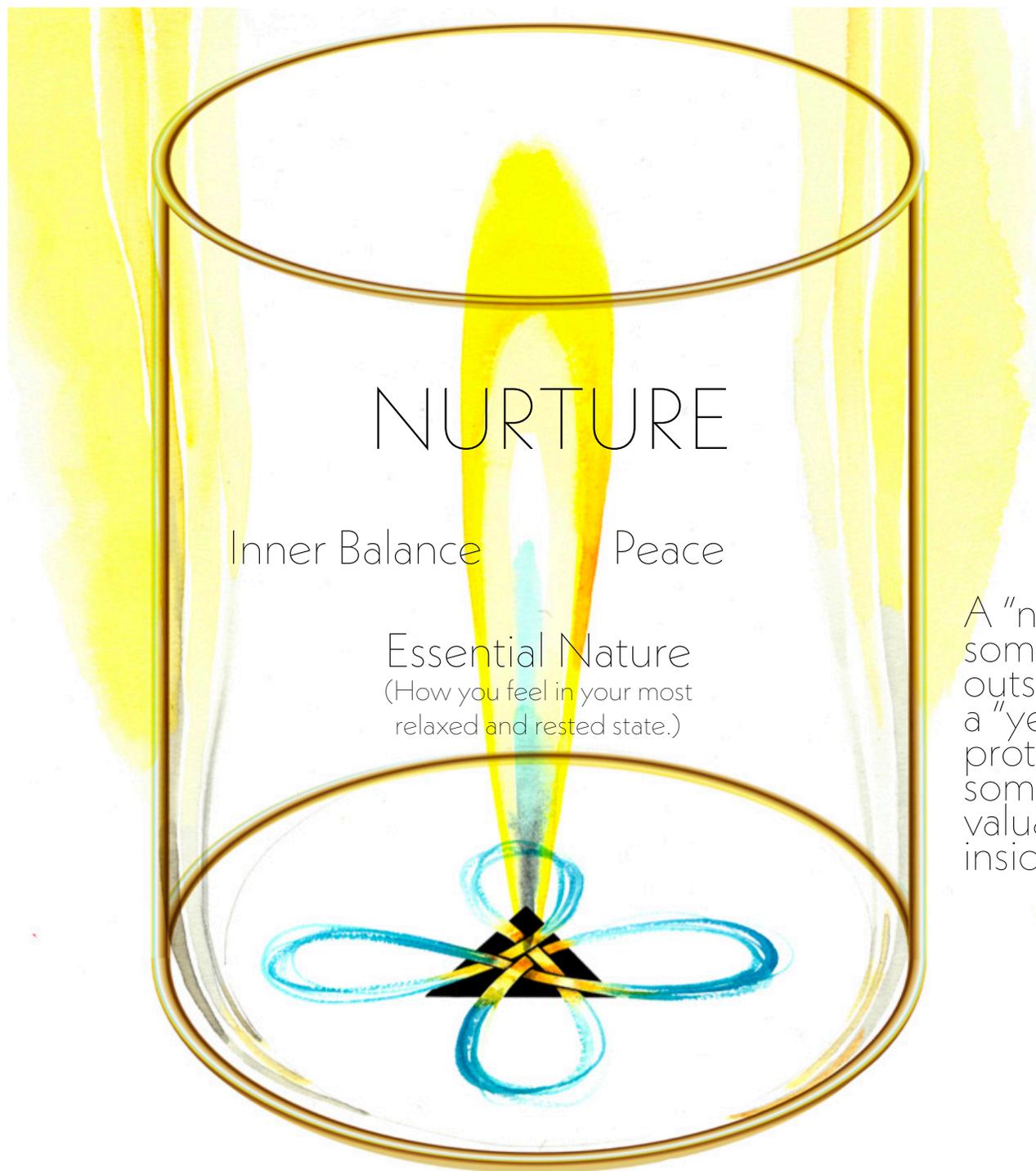
## Signs of boundaries that are too rigid

- Keeping others at a distance
- Fear of being close to others
- Difficulty knowing needs and feelings
- Overly controlling of situations and/or others
- Difficulty sharing feelings and information about yourself
- Fixed ideas
- Inflexible

## Signs of healthy, flexible boundaries

- Context specific and adaptable
- Are aware of your limits (of time, energy, attention)
- Flexible and adaptive to change
- Know when to be firm when appropriate and forgiving when necessary
- Aware of wants and needs (can ask for what you want/ need)
- Able to define and set limits that protect your inner peace and sense of self
- Can clearly communicate your needs and limits without guilt or shame
- Respectful of other people's boundaries





## PROTECT

Energy  
Time  
Attention





## Closing the Circle

- Invite Integration (talking piece optional)
  - Go around the circle and share
    - connections
    - new insights
    - one thing they are taking away
- Root participants back into their bodies and reinforce their boundary setting practice
  - Go around the circle and share
    - What is one concrete action you can take to PROTECT your energy, attention, and time and honor your natural limitations that are designed to keep you safe?
    - What is one concrete action you enact to NURTURE your inner balance, peace, and mental health?

